DENVER -- Many people make New Year's resolutions to get more **exercise** but most quit after only a few workouts. However, if you can keep at it long enough to develop a **habit**, you are much more likely to continue with an **exercise** routine that can help you lose weight, feel better, and live longer.

"Generally, it takes about three weeks to develop a **habit**," says Lisa Geyman, physical therapist at National Jewish Medical and Research Center. "We find that if people consciously motivate themselves, choose an interesting activity, and develop a back-up plan for days when the normal **exercise** routine is impossible.

Lisa, G. *Develop a Habit to Keep That New Year's Resolution to Exercise More*. (2005, December 27). Europe Intelligence Wire. Retrieved from http://www.highbeam.com/doc/1G1-140235801.html

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WASHINGTON - **Exercise** can be a tough **habit** to develop, even for people whose lives are on the line.

So doctors who prescribe **exercise** should also find ways to make **exercise** convenient, researchers said.

A three-year study found heart attack patients, who need to stick with their workouts to reduce their risk of another attack, still drifted away from **exercise**. Many started their **exercise** programs, but few finished, the study found.

"People who had a heart attack are pretty good at the beginning, but it's hard to stick with behavioral interventions," said researcher Joan Dorn of the University at Buffalo, New York.

Reference:

The Associated Press. (2001 August 7). *Exercise a Hard Habit to Maintain*. Charleslon Daily Mail. Retrieved from: http://www.highbeam.com/doc/1P2-18946208.html

**Exercise behavior, sleep habits and time management among students of Medical University of Lublin.**

NIERADKO B, BORZECKI A

Ann Univ Mariae Curie Sklodowska [Med] 2003;58(1):358-61.   
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The aim of the study was to depict and assess patterns of daytime behavior and sleeping habits as well as general daytime management among students of Medical University of Lublin. On examination of 167 third-year medical students (107 women and 60 men, 20 to 29 years old) we found out that the third-year students did not exercise enough. Their sedentary lifestyles resulted from sharing their time between universities, libraries and studying medical textbooks at homes. Medical students socialize and spend enough time with their families, and in this way they get family and friends' support, which allows them to manage with stress and psychological problems. Most of the students neither watch TV nor play with computers longer than 2 hours per day.

Reference:

Ann University Mariae Curie Sklodowska [Med] 2003;58(1):358-61. Department of Hygiene, Medical University of Lublin, Lublin, Poland. From: http://www.websciences.org/cftemplate/NAPS/archives/indiv.cfm?ID=20043094